

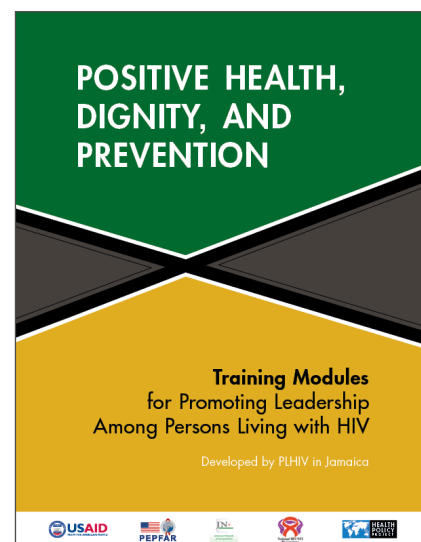
# POSITIVE HEALTH, DIGNITY, AND PREVENTION (PHDP)

A Curriculum By and For PLHIV to Promote Personal Health and Advocate for High-Quality HIV Services

The Jamaican Network of Seropositives (JN+)—with support from the Jamaican Ministry of Health’s National HIV/STI Program (GIPA Unit) and the USAID- and PEPFAR-funded Health Policy Project—created a capacity-building curriculum led by people living with HIV (PLHIV). The curriculum aims to implement and advocate for Positive Health, Dignity, and Prevention (PHDP) and promote community leadership at the country level.

PHDP<sup>1</sup>—a global policy framework authored by the Global Network of People Living with HIV (GNP+) and UNAIDS in 2011—advances a holistic framework for PLHIV to manage their health, advocate for high-quality HIV services, and prevent onward HIV transmission. PHDP provides a concrete framework and road map that is especially relevant to meeting current global and national care and treatment goals for HIV—and to making “combination prevention” a reality.<sup>2</sup>

The Jamaican curriculum is adaptable across countries and provides an easy-to-use set of resources (combining structure and flexibility) that permit PLHIV to adapt PHDP to specific communities and stakeholders.



## Curriculum Content and Approach

The curriculum includes 14 participatory learning modules that aim to strengthen the capacity of PLHIV as leaders and advocates to improve health services and outcomes for themselves and their peers.

### The PHDP Framework and Curriculum Modules

Eight Elements of the PHDP Framework	Training Modules
<ul style="list-style-type: none"> <li>Empowerment of PLHIV and networks of PLHIV</li> </ul>	<ol style="list-style-type: none"> <li>HIV and AIDS Basics (a refresher)</li> <li>The Framework of Positive Health, Dignity, and Prevention (PHDP)</li> </ol>
<ul style="list-style-type: none"> <li>Human rights</li> </ul>	<ol style="list-style-type: none"> <li>Stigma and Discrimination (with a focus on internal stigma)</li> <li>Advocacy</li> </ol>
<ul style="list-style-type: none"> <li>Sexual and reproductive health and rights</li> <li>Gender equality</li> </ul>	<ol style="list-style-type: none"> <li>Sexual and Reproductive Rights</li> <li>Gender</li> <li>Sexuality</li> <li>Sexual Diversity</li> </ol>
<ul style="list-style-type: none"> <li>Health promotion and access</li> </ul>	<ol style="list-style-type: none"> <li>Disclosure Issues</li> <li>Positive Health and Health Prevention</li> <li>Loss and Grief</li> <li>Continuum of Care</li> <li>Self-care</li> </ol>
<ul style="list-style-type: none"> <li>Prevention of new infections</li> </ul>	<ol style="list-style-type: none"> <li>Combination Prevention</li> </ol>
<ul style="list-style-type: none"> <li>Social and economic support</li> <li>Measuring impact</li> </ul>	<p>(Introduced in PHDP overview, but not as specific modules)</p>

## Content

PLHIV in Jamaica identified specific priority areas within the eight elements of PHDP for further capacity building. The resulting training modules reflect content that PLHIV consider to be foundational to advocating for better health outcomes in Jamaica within the framework of PHDP.

## Approach

To cut across these priority areas, the curriculum uses a structured approach to build synergies for expanded advocacy by PLHIV. Three of its key features are

- Content that allows PLHIV to focus on specific local priorities
- A structured process to build individual capacity and strengthen social capital, especially across diverse sexual orientation and gender identities
- An action learning methodology (relevant and usable participatory adult learning)

## Results of Preparing Leaders to Put PHDP into Action

The experiences of those participants who helped create the curriculum point to the training's impact on individual and collective PLHIV leadership and advocacy. This impact includes strengthening the ability of PLHIV to shape their own lives, expand their reach with peers and communities, represent their constituencies (including men who have sex with men and sex workers), and articulate priorities in dialogue with providers and policymakers.

## Implications for Regional and Global Efforts

Although it originated in Jamaica, the curriculum offers a promising, practical tool to help strengthen PLHIV leadership and advocacy to advance PHDP in other regions and globally and to enhance health systems and outcomes across prevention, care, and treatment.

## Notes

1. Global Network of People Living with HIV (GNP+) and UNAIDS. 2011. *Positive Health, Dignity and Prevention: A Policy Framework*. Geneva and Amsterdam: UNAIDS and GNP+; GNP+ and UNAIDS. 2013. *Positive Health, Dignity and Prevention Operational Guidelines*. Geneva and Amsterdam: UNAIDS and GNP+.
2. See, for example: UNAIDS. 2010. *Combination HIV Prevention: Tailoring and Coordinating Biomedical, Behavioral and Structural Strategies to Reduce New HIV Infections: A UNAIDS Discussion Paper*. Geneva: UNAIDS; PEPFAR. 2011. *Guidance for the Prevention of Sexually Transmitted Infections*. Available at <http://www.pepfar.gov/documents/organization/171303.pdf>.

### Recruiting leaders across diverse communities of men and women living with HIV

The PHDP training curriculum aims to be relevant to all Jamaican communities living with HIV. The Jamaican Ministry of Health's GIPA Unit and JN+ recruited a diverse group of 27 women and 20 men living with HIV to contribute throughout the process of curriculum development. This group included PLHIV connected to support groups (and others who were not); PLHIV from both rural and urban areas; PLHIV from key populations (especially men who have sex with men and sex workers); women living with HIV; and members of various faith communities. Participants were linked with a range of community groups involved in the Jamaican HIV response, including HIV-positive, women-focused organisations such as the Jamaican Community of Women Living with HIV (JCW) and Eve for Life; key population-focused groups like the Colour Pink Group and Sex Workers Association of Jamaica (SWAJ); and community-focused service organisations like Jamaica AIDS Support for Life (JASL).

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